

Kuvings Collaborates with Raw Food Expert Chie Ando to Introduce 7 Colorful Juice Recipes

Japanese raw food expert Chie Ando introduces seven juice recipes designed to support health and wellness throughout the week.

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/EINPresswire.com/ -- [Kuvings Japan](https://www.kuvings-japan.com/) has collaborated with renowned raw food expert [Chie Ando](#) to unveil the “7-Day Juice Recipe” using the Kuvings AUTO10S Hands-Free Slow Juicer(オート10Sハンズフリー低速ジューサー). Based on the concept “Reset your body and mind with a colorful cup of juice” the program introduces seven vibrant juices designed to support wellness, beauty, and vitality throughout the week.



□ Day 1: Pink Blessing

□ Ingredients: 1 pink grapefruit, ½ cup strawberries, 1 apple, ½ lemon.

□ TIP: The tartness of grapefruit and the sweetness of strawberries create a perfect balance.

“

Reset your body and mind
with a colorful cup of juice”
Chie Ando

□ Day 2: Natural Cleansing Mix

□ Ingredients: 2 stalks celery, 1 cucumber, 1 cup spinach, 1 green apple, ½ lemon.

□ TIP: Packed with detoxifying green veggies. Cucumber adds hydration, and green apple brings a touch of sweetness.

□ Day 3: Happy Orange Mix

□ Ingredients: 2 carrots, 2 mandarins, 1 tsp ginger.

□ TIP: Sweet and vibrant, this blend combines citrus and carrot nutrients, with a ginger kick to warm you up.

□ Day 4: Brilliant Glow Mix

□ Ingredients: 2 apples, ½ tsp turmeric, 100ml water, ½ lemon.

□ TIP: Turmeric adds a warm, spicy twist and supports gut health for a radiant glow.

□ Day 5: Puremond

□ Ingredients: 250g almonds, 250ml water.

□ TIP: Creamy almond milk made simple. Great as a nutritious start to your day.

□□ Day 6: Heartful Red

□ Ingredients: 2 tomatoes, 1 red bell pepper, 1 apple, ½ lemon.

□ TIP: Packed with lycopene and balanced with a sweet-tangy flavor. Refreshing and revitalizing.

□ Day 7: Youthful Violet

□ Ingredients: ½ cup blueberries, 1 cup grapes, ¼ purple cabbage, ½ lemon.

□ TIP: Rich in antioxidants that support anti-aging and vitality.

Through this collaboration, Kuvings and Chie Ando inspire consumers to embrace a lifestyle filled with color, flavor, and nutrition—demonstrating how the Kuvings AUTO10S slow juicer makes healthy living both accessible and enjoyable.



7 day Juice by Chie Ando



Day 1: Pink Juice – Pink Blessing

Chie Ando began her journey in raw food in 2016 and has since launched various educational programs in Tokyo, including raw food, fermentation, and raw patisserie classes. As a current

ambassador for Kuvings, she actively contributes to the promotion of global wellness culture through practical, plant-based living.

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Day 2: Green Juice – Natural Cleansing Mix



7day Juice pack by Chie Ando

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